

## Confident City Cycling

Adults will learn to ride safely, legally and with confidence on city streets. This 10-hour course taught over two sessions develops your ability to identify and avoid road hazards and unsafe traffic situations. The course also covers how to fix a flat tire and tips for maintaining your bicycle.

Please Note: You must provide your own bike and attend the first class date in order to attend the second. Bike helmet required for all participants.

For registration and information, please call (424) 288-1747 or email [rdurgin@gmail.com](mailto:rdurgin@gmail.com)

Session 1: Saturdays, July 10 & 17  
Session 2: Saturdays, August 14 & 21  
Session 3: Saturdays, September 11 & 18  
Session 4: Saturdays, October 9 & 16  
Session 5: Saturdays, November 13 & 20  
Session 6: Saturdays, December 11 & 18

Time: 11 am - 4 pm

Where: Plummer Park, Great Hall Ages: 18 & up

Cost: **FREE!**

Instructor: Ron Durgin

## Bicycle Commuting

This class will teach adults the tips and tricks to get to work or school by bike. We will cover basic commuting essentials, including bike selection and fit, helmet fit, night riding, weather preparedness and route planning. You'll also receive practical advice to make your ride more enjoyable.

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Session 1: Thursday, July 8  
Session 2: Thursday, August 12  
Session 3: Thursday, September 9  
Session 4: Thursday, October 7  
Session 5: Thursday, November 4 (Rooms 5 & 6)  
Session 6: Thursday, December 9

Time: 6:30 - 8:30 pm

Where: Plummer Park, Great Hall, unless otherwise noted.

Ages: 18 & up Cost: **FREE!**

Instructor: Ron Durgin